

breath and raise your trunk, slowly exhaling, bending the trunk over your legs and catching hold of your toes with your fingers, press your forehead to the knees without raising them from the ground. Retain the pose two or three minutes. Sushumna will be induced. Repeat this, if you want, till you are sure.

(3) *Sirsha Asana* : This is a topsy-turvy pose. Spread your towel on your Chitrasana. Lock your fingers and then deposit the finger-lock on the soft surface, palms facing upwards and elbows resting down. Resting the head on your finger-lock, slowly raise your trunk to a perpendicular position and then stretch your legs straight. Keep the balance. For a minute or two you will have hard breathing. But after some time your breath will settle down into a steady peaceful and exhilarating Sushumna.

If you can open your Sushumna at will, Eternal bliss is at your beck and call :

Conclusion :

This Science of Breathing or Swarasastra was taught by Siva to Parvati and was kept a secret by the rishies and handed down from guru to sishya.

This is essentially a science of Success and perhaps as great a secret as the astounding secret of the atrocious atomic bomb.

If this Science is rightly understood and properly applied, it affords the key to individual success resulting in the ultimate collective good of the World.

Though -

“ There is a divinity that shapes our ends,
Rough-hew them how you will ”

Yet -

“ Our Remedies oft in ourselves do lie,
Which we ascribe to heaven.”

THE END.